



WALDORF ASTORIA®
MONARCH BEACH RESORT & CLUB

FITNESS SCHEDULE

START	END	CLASS	LOCATION	INSTRUCTOR
MONDAY				
7:00 am	7:50 am	Lower Body Strength	Yoga & Fitness Studio	Holly
8:00 am	8:45 am	Abs & Core	Yoga & Fitness Studio	Holly
8:30 am	9:20 am	Residents Only: Beach Boot Camp	Beach Club	Ashley
9:00 am	9:50 am	TRX Suspension Training	Yoga & Fitness Studio	Melanie
9:30 am	10:20 am	Seaside Stretch & Stabilize	Beach Club	Ashley
10:00 am	10:50 am	Boxing Conditioning	Yoga & Fitness Studio	Melanie
4:00 pm	4:50 pm	Gentle Yoga on the Beach	Beach Club	Alex
4:30 pm	5:25 pm	Roll & Recover	Yoga & Fitness Studio	Karen
5:00 pm	5:45 pm	Beach Mindful Meditation	Beach Club	Alex
5:30 pm	6:20 pm	Cardio & Resistance Interval Training	Yoga & Fitness Studio	Karen
TUESDAY				
8:00 am	8:50 am	TRX Suspension Training	Yoga & Fitness Studio	Ashley
9:00 am	9:45 am	Flow Yoga	Yoga & Fitness Studio	Alex
9:00 am	9:50 am	Aqua Aerobics	Spa Lap Pool	Julie
9:30 am	10:30 am	Beachside Barre	Beach Club	Ashley
10:00 am	10:50 am	Mat Pilates	Yoga & Fitness Studio	Julie
5:00 pm	5:50 pm	Flow Yoga	Yoga & Fitness Studio	Timea
6:00 pm	6:50 pm	Singing Bowls Meditation	Yoga & Fitness Studio	Timea
WEDNESDAY				
8:00 am	8:50 am	Poolside Spin	Lap Pool	Sheri
8:00 am	8:50 am	Level 1 Yoga	Yoga & Fitness Studio	Timea
8:30 am	9:20 am	Residents Only: Beach Boot Camp	Beach Club	Ashley
9:00 am	9:50 am	TRX Suspension Training	Yoga & Fitness Studio	Melanie
9:30 am	10:20 am	Body Burn	Beach Club	Ashley
10:00 am	10:50 am	Boxing Conditioning	Yoga & Fitness Studio	Melanie
11:00 am	11:50 am	Stretch & Stabilize	Yoga & Fitness Studio	Ashley
4:00 pm	5:00 pm	R.I.P.P.E.D	Yoga & Fitness Studio	Terry

**Please note there is a \$45 fee for Aerial Yoga and Floating Meditation. Reservations for these classes are required. This fee applies to resort guests only. Guests are able to cancel their reservation up to 4 hours in advance of the class for a full refund. No-shows will result in a full \$45 charge to the guest room on file. Classes are offered weather permitting & sign-ups are required.*

START	END	CLASS	LOCATION	INSTRUCTOR
THURSDAY				
8:00 am	8:45 am	Floating Aerial Meditation* (\$45 fee)	Yoga & Fitness Studio	Alex
9:00 am	9:45 am	Flow Yoga	Yoga & Fitness Studio	Alex
10:15 am	11:00 am	Cardio & Resistance Interval Training	Yoga & Fitness Studio	Karen
4:00 pm	4:50 pm	Body Sculpt	Yoga & Fitness Studio	Holly
5:00pm	5:45 pm	Aerial Yoga* (\$45 fee)	Yoga & Fitness Studio	Alex
6:00 pm	7:00 pm	Breathwork & Meditation	Yoga & Fitness Studio	Alex
FRIDAY				
7:00 am	7:50 am	Lower Body Strength	Yoga & Fitness Studio	Holly
8:00 am	8:45 am	Abs & Core	Yoga & Fitness Studio	Holly
8:00 am	9:00 am	Beach Trail Hike	Spa Front Desk	Melanie
9:00 am	9:50 am	TRX Suspension Training	Yoga & Fitness Studio	Melanie
9:00 am	9:50 am	Aqua Aerobics	Lap Pool	Julie
10:00 am	10:50 am	Flow Yoga	Yoga & Fitness Studio	Laura
10:00 am	10:50 am	Strength & HIIT	Spin Room	Julie
5:00 pm	5:50 pm	Mat Pilates	Yoga & Fitness Studio	Laura
SATURDAY				
6:45 am	7:30 am	Studio Spin	Yoga & Fitness Studio	Terry
7:45 am	8:30 am	Dance Cardio	Yoga & Fitness Studio	Terry
8:00 am	8:45 am	Flow Yoga	Yoga & Fitness Studio	Alex
9:00 am	9:50 am	Beach Trail Hike	Spa Front Desk	Alex
9:00 am	9:50 am	Mat Pilates	Yoga & Fitness Studio	Laura
10:00 am	10:45 am	Aerial Yoga* (\$45 fee)	Yoga & Fitness Studio	Alex
11:00 am	11:45 am	Floating Aerial Meditation* (\$45 fee)	Yoga & Fitness Studio	Alex
SUNDAY				
8:00 am	8:50 am	Yin Yoga	Yoga & Fitness Studio	Katrina
9:00 am	9:50 am	Yogalates	Yoga & Fitness Studio	Katrina

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